O
ay Mesa
on a hot
summer
morning.

San Diego County has more rare
and endangered species than any other
place in America.

Story by Steve Sorensen
Illustrations by Irina Gronborg

A few
dazed-
looking
cattle
wander
aimlessly
through the
brush.

Off to the
south,
the huge
tail of a
jet, taxiing

(continued on page 42)
Good health will help you enjoy life more...

Good health is priceless but it shouldn't cost a fortune.

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Our goal is to bring you the best medical care possible and to ensure that it is affordable. We offer a full range of services, including:

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Outpatient surgery reduces your cost of hospitalization and prevents unnecessary and expensive hospital care.

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Choices
I wish you, dear reader, could see the world as I see it. As a student of nutrition, I have come to understand the importance of making healthy choices in our daily lives. This involves making informed decisions about what we eat, how we live, and how we take care of ourselves.

In this regard, I believe there are three key areas where we can make significant improvements: food, exercise, and mental health.

Food
In recent years, we have seen a growing awareness of the importance of a healthy diet. This is not just about what we eat, but also about how we eat. It is important to eat slowly, savor our food, and enjoy the experience of cooking and eating with others.

Exercise
Regular exercise is crucial for maintaining good health. It helps to strengthen our muscles and bones, improve our cardiovascular health, and reduce the risk of chronic diseases.

Mental Health
Our mental health is just as important as our physical health. It involves managing stress, maintaining positive relationships, and seeking help when needed.

In conclusion, making healthy choices in these three areas can greatly improve our quality of life. By taking care of ourselves, we can enjoy life more fully and live longer, healthier lives.

LETTERS

The Usual Reason for Anger
Anger is a natural emotion that arises in response to frustration, disappointment, or injustice. It is important to recognize the source of anger and find healthy ways to express it. This might involve talking to someone, engaging in physical activity, or practicing mindfulness techniques.

Disagreeing With Disagreement
Disagreement is a natural part of human interaction. It is important to avoid taking disagreements personally and to approach disagreements with an open mind. This might involve listening actively, asking clarifying questions, and seeking to understand the other person's perspective.

Global Strategies
Modern society faces many challenges, including climate change, economic inequality, and political instability. It is important to work together to address these issues and find solutions that benefit all.

For more information, contact:

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**CITY LIGHTS**

**CRACKED WALNUT?**

BY JACQUELINE

The 8th Street Project's logo is a bright red color with a white background. The project is involved in various community initiatives, including the renovation of the historic landmark building in downtown Los Angeles. The project's mission is to create a safe and vibrant community space for local residents.

**DARKNESS AND LIGHT**

BY JACQUELINE

The San Francisco Zoo is located in San Francisco, California, on a beautiful hillside overlooking the city. The zoo is a popular tourist attraction and is home to over 1,000 different species of animals. The zoo's mission is to conserve wildlife and promote public education about the importance of animal conservation.

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ED STEVENS WOULD LIKE TO SOLVE ONE MORE MURDER CASE BEFORE HE DIES

Another phase. He glances again at the photo and looks at it. The sun may be out, but there's a coldness that he can't quite get used to. Something makes him nervous. Is that what he's feeling? Maybe. But he's not sure. Something's just not quite right. He sits down, takes a deep breath, and starts from the beginning. He's been a detective for years, and he's seen it all. But nothing prepares you for this. The case that's been haunting him for months, the one that's been on his mind day and night. The one that's been weighing on his shoulders, threatening to make him lose his mind. The one that's been driving him to the brink of madness. The one that's been pushing him to the edge.

He's been working on it for months, and he's not giving up. He's not giving in. He's not going to let this case beat him. He's not going to let this case defeat him. He's not going to let this case bring him down. He's not going to let this case break him. He's not going to let this case get him. He's not going to let this case win.

He's going to solve this case. He's going to get justice. He's going to bring the killer to justice. He's going to bring the killer to justice. He's going to bring the killer to justice.

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This Offer Will Keep You In Stitches.

$5 Off
Any purchase of $25 or more.

A dose of dull and drab never made anybody smile. So come on down to Clothetime. We’ll fix you up with tops and bottoms in brights, not-so-brights, blacks, whites. Whatever it takes to make you and that body of yours look a whole lot better. Not bad for one little coupon, huh?


Clothetime
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ANNIVERSARY SALE
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Free Installation:
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UP TO $540

Haywood's Furniture
FINISHED, UNFINISHED & KITCHEN CABINETS
UP BY THEIR ROOTS

A couple of miles east of Owyatta Mountain in San Diego County is a patch of TECATE CYPRESS (Cupressus goveniana). Here there are millions of individual trees, many of which are more than 100 years old. The TECATE CYPRESS is an evergreen coniferous tree that grows in the coastal ranges of California. It is one of the most common trees found in the coastal sage scrub habitat.

TECATE CYPRESS

There are a number of plants found in the coastal sage scrub habitat of San Diego County that can be found nowhere else in the world.

FALSE LUPINE

There's scarcely a mountain meadow in California that doesn't show the ill effects of overgrazing.
SAN DIEGO COMPUTER SOCIETY presents in 9TH ANNUAL COMPUTER FAIRE Saturday and Sunday, September 3 and 4; 9 am-5 pm "... INTO THE '90s" • Seminars • Demonstrations • Door Prizes • Vendors - Hardware, Software, Complete Systems, Publications

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• Vally Wang on Sharoware and the Engineer's Guide to the World
• Bill Gladen on Authorship and Publishing, and "Pencil Dimensions 101"
• Dan Goodin of Computer Edge, on How To Buy...

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Bran ts G eoff

Levin is not a pessimist. In his pleasant manner, like many environmentalists, he sometimes feels that all is lost, that the world is doomed. Each is being destroyed at a rate which is now more rapid than ever before, by pollution, overpopulation, the destruction of the rain forests, and the loss of species...
SAVE 15%-50% DURING OUR BACK-TO-SCHOOL SPECTACULAR
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SAVE TO 45%
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25% off
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PORSCHE - 20% off
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GARGOYLE - 15% off
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BUMPERZ - now just $15.00
- 100% UV protection
- Rubber frame sunglasses - flexible, almost unbreakable
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Ray is our secret. Protect your investment.

FREE STAPLING

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Minimum 100% of original.

COFFEE MUGS $1.79 ea.

All of her friends think that she is in style. But one look at her mug and you realize the truth. She has the handle down, and the other people are staring at the cup of Bumperz.
A Broadway Hit

BY ELEANOR WIDMER

The Lemon Party House of Cakes

The Lemon Party House of Cakes, in the heart of the New York City restaurant scene, has been in business for over 20 years. Started by the late Mrs. Lemon, the restaurant has become a favorite among locals and tourists alike.

The menu features a variety of cakes, including the famous Lemon Party and the Chocolate Raspberry. The restaurant also offers a range of desserts and pastries, all made from scratch.

In honor of the restaurant's anniversary, we spoke with the current owner, Mrs. Lemon's daughter, who shared some of her favorite memories of her mother.

Mrs. Lemon was a kind and caring woman who loved to cook. She would often invite her friends and family over for dinner, and her parties were always a hit. One of her most popular dishes was the Lemon Party, which she would serve on special occasions.

The cake was a simple but delicious combination of lemon and cream cheese, and it was always a hit. Mrs. Lemon would spend hours perfecting the recipe, and it was a dish that everyone loved.

Over the years, the Lemon Party House of Cakes has become a destination for cake lovers, with people coming from all over to try the famous Lemon Party. Mrs. Lemon's daughter said that her mother would be proud to see how the restaurant has grown and how many people continue to enjoy her recipes.

Today, the Lemon Party House of Cakes is still run by Mrs. Lemon's family, and the Lemon Party remains a popular choice on the menu. Visitors can also enjoy a variety of other delicious desserts and pastries, all made with love and care.

If you're ever in the New York City area, be sure to stop by the Lemon Party House of Cakes and try the Lemon Party for yourself. You won't be disappointed!
CONCERTIZING

BY JOHN D. AGOSTINO

The concertizing season is nearing its close, and a number of acts are available for booking for the remainder of the year. Some of these tickets are quite limited, so it is important to book early if you want to secure a seat. The following are some of the acts that are currently available:

- **Walter Grimes**: This singer is known for his soulful voice and dynamic stage presence. He has performed at numerous venues and is a favorite among fans of soul music. He has a limited number of tickets available for his upcoming shows.

- **Anna Maria Van Houten**: A rising star in the music industry, Anna Maria Van Houten is known for her powerful vocals and emotionally charged performances. She has sold out dates at major venues and is currently available for select shows.

- **The Lincoln Band**: This band is known for their energetic performances and are a fan favorite. They have sold out shows across the country and are currently available for booking in select locations.

- **The Piano Guys**: This band is known for their unique blend of classical and contemporary music. They have sold out shows across the country and are currently available for booking in select locations.

- **Julia Taylor**: A rising star in the music industry, Julia Taylor is known for her soulful voice and emotionally charged performances. She has sold out dates at major venues and is currently available for select shows.

- **The Beatles Tribute Band**: This band is known for their accurate renditions of The Beatles' classic songs. They have sold out shows across the country and are currently available for booking in select locations.

- **The Eagles**: This classic rock band is known for their timeless hits and legendary performances. They have sold out shows across the country and are currently available for booking in select locations.

- **Dion**: A legendary performer known for his soulful voice and dynamic stage presence. He has sold out shows across the country and is currently available for booking in select locations.

- **Stevie Wonder**: A legendary performer known for his soulful voice and dynamic stage presence. He has sold out shows across the country and is currently available for booking in select locations.

- **The Who**: This classic rock band is known for their energetic performances and legendary songs. They have sold out shows across the country and are currently available for booking in select locations.

- **Neil Young**: A legendary performer known for his soulful voice and dynamic stage presence. He has sold out shows across the country and is currently available for booking in select locations.

- **The Rolling Stones**: This classic rock band is known for their energetic performances and legendary songs. They have sold out shows across the country and are currently available for booking in select locations.

- **Bruce Springsteen**: A legendary performer known for his soulful voice and dynamic stage presence. He has sold out shows across the country and is currently available for booking in select locations.

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BY DUNCAN SHEPHERD

Crescent is a major factor of their political environment. This is particularly true in the case of the United States, where the Crescent has a significant influence on national politics. In other countries, the Crescent may be less dominant, but it still plays a role in shaping the political landscape. The Crescent is typically associated with conservative or right-wing ideologies, and its influence can be felt in various aspects of public life, from foreign policy to domestic politics. The Crescent's impact on politics is not limited to its own country, as it often spreads to other nations through cultural exchanges and international relations. The Crescent's ability to influence politics is a testament to its enduring influence, and it continues to shape the world in significant ways.
P.G. Keen

BY JONATHAN BAVELLE

English actor Robert Redford concurs — and has seriously performed in — a non-mainstream role. Never better known, a period of several years, he became interested in The Wall, a rock band from England. Now, there is no reason to think of The Wall as a work of art, but the book is a powerful and enjoyable read. In another writer's use of the phrase, "it is a good example of what can be done..."...

In another writer's use of the phrase, "it is a good example of what can be done..."...

The comprehensive study of the band's music and lyrics is a must-read for anyone interested in the band's development and the impact of its songs. The book is a comprehensive guide to the band's music and lyrics, and the author's insights are invaluable. From the traditional source of all good music -- the history of the band -- to the present day, the book provides a comprehensive overview of the band's music and lyrics.
Song of the Saddle

BY JEFF SMITH

Stephen McPhee's musical, White Lines, currently at the Landmark Century Center stage, explores the world of the Wild West and the outlaws who shaped it. The show, directed and choreographed by Chris Van Neck, features a cast of talented performers who bring the story to life.

In the show, the audience is taken back to the exciting and adventurous days of the Wild West. The story follows the lives of the outlaws and the challenges they faced in the untamed frontier.

The show is a must-see for anyone interested in the history of the Wild West and the stories of the outlaws who shaped it. Don't miss your chance to see White Lines at the Landmark Century Center!
After only 5 roundtrips on business, the 6th is on us.

Southwest Airlines is giving double credit on all trips now through December 31, 1988. So you can earn free trips through The Company Club's frequent flyer program, twice as fast. Only five roundtrips, no matter how short, can earn you a free roundtrip anywhere we fly.

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PADRES ’88
BY NEAL MATTHEWS

“We’ve got pretty much the same attitude that we had in ’84.”

Conventional wisdom may indicate that being in a ball club means that if you’re in one then you’re in every other. So, for the Padres, the outlook this season seems to be anything but positive. The fans have been loyal through bad times and good, and they expect a winning team. But the Padres are a business, not a charity, and they have to make money. They can’t afford to lose money, so they have to win.

The switch, however, came when the Padres acquired San Diego flagship newspaper, the San Diego Union, from the Hearst Corporation. The Padres were purchased by the Union and its parent company, the Hearst Corporation, in 1984. The club has been profitable since then.

The Padres have a young and talented team, but they also have a lot of experience. They have a lot of players who have played in the major leagues before, and they have a lot of players who have played in the minor leagues. They have a lot of players who have played in the college leagues.

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131 W. 15th Street
Del Mar, CA 92014

For more information contact:

When: August 28, 1988. Registration & Check in begins at 9:00 AM. Judging from 11:00 AM.
Where: 5555 Kearny Mesa Rd., 535-0771
Power: 0-100 watt class 101-300 watt class Anyone
201-750 watt class 751+ watt class

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For more information contact: 455-0900
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131 W. 15th Street
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EVENTS THEATER
MUSIC & FILM

ONE ACROSS
THE BOW

Fine Threads

A POOL QUEUE

TALK TO THE ANIMATORS

35mm slide courtesy of the
Disney Archives.
THE WAY OF THE LIVING TAO

The new paleontology

The latest theories by the foremost scientists, as seen in Natural Geographic: Discover, Time and others.

Thursday, August 25

"Family Life on a Grand Scale"
Jack Horner, Museum of the Rockies, Bozeman, Montana
Explore new insights into the social behavior of dinosaurs.

Thursday, September 1

"Evolution by File and Slides"
Steven M. Stanley, Indiana University
Learn what fossil records and what proxies provide evidence for evolution.

Thursday, September 15

"From Dinosaurs: The Genesis of Extinctions"
Dr. E. Karplus, University of Arizona
See what role these animals played in the formation of dinosaurs.


Meet Tobin Fraley

Join us for an autograph session with Tobin Fraley, carosel authority and designer of authentic limited edition porcelain carousel animals.

Saturday, August 27

1:30 - 4:30 and 7:00 - 8:00
Carrousel Music Box Co.
Seaport Village

AMERICA'S CUP
Front Row Seats Aboard Invader Cruises

Don't miss this opportunity! You can meet the America's Cup challenger and defender as they proudly race for their crowns in San Diego waters.

The 2 hour cruise includes:
- Open bar - premium wine.
- Fine and cold hors d'oeuvres.
- Tactful racing specialist providing complete narration of the racing happenings.
- Seat placement on board the Invader to ensure a prime view.

Call 234-8687
Shain Gersky, 1086 N. Harbor Dr., San Diego.
"A Song for Alice" is the latest musical composition by legendary composer Richard Rodgers, created in collaboration with his partner, Oscar Hammerstein II. The show, set in the fictional village of Alice-Peoplenort, explores the lives of its inhabitants through a series of musical numbers and set designs. The audience is taken on a journey through the eyes of the characters, who are depicted in a mix of traditional and contemporary styles. The show received critical acclaim upon its debut and has been performed worldwide to packed audiences.

ONE ACROSS THE ROW

The new season of "One Across the Row" features a series of characters who are known for their unique abilities and personalities. Each episode focuses on a different character, highlighting their strengths and weaknesses. The series is directed by famous director John H. Reilly, who brings his extensive experience in television and film to the project. The show has been well-received by viewers and critics alike.

ON ART DÉCO

"On Art Déco" is a new art exhibition that brings together some of the most prominent artists from the Art Déco movement. The exhibition includes works by well-known artists such as Le Corbusier, Gio Ponti, and Eileen Gray. The exhibit is housed in a beautiful Art Déco building in the heart of the city and is open to the public from 10 AM to 5 PM, Monday through Friday. Admission is free, but donations are appreciated.

ON THE ANIMALS

The show "On The Animals" is a new series that explores the lives of different animals in the wild. Hosted by renowned wildlife conservationist Jane Goodall, the show offers a glimpse into the natural world and the challenges faced by various species. The series is produced by the National Geographic channel and is available online for streaming.

ON DANCE

The annual "On Dance" festival is an event that celebrates the art of dance from around the world. This year, the festival features performances by dancers from diverse backgrounds, including salsa, hip-hop, and contemporary. The festival takes place at the historic Old Town Theater, and tickets are available for purchase online.

ONE COZY peace

The cozy ambiance of "One Cozy Peace" creates a warm and inviting atmosphere for guests. Located in the heart of the city, the restaurant offers a variety of dishes that cater to different dietary preferences. The menu includes options like vegetarian pizzas, salads, and sandwiches. Reservations are recommended to ensure a table.

Dine & Dance

The "Dine & Dance" package offers a unique experience for visitors at the Old Town Theater. For a limited time, guests can enjoy a three-course meal at the restaurant followed by a performance at the theater. The package is available on weekends and includes free parking. Reservation is required.

For more information and details on these events, visit the website of the respective organizations or check their social media pages.
## Theater Directory

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## Reader's Guide to the Theater

**Stage Notes**

- A weekly callboard of theater auditions & film, video, T.V., casting & dance calls & acting classes & technical help-wanted ads & model agency & photo headshot services.

Every three weeks in section three. To place ads call Melissa 232-9279.
# Progressive Mobile Electronics

**CLIFFORD II**
- "Clifford's Best Protection"
- Starter Kill
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- Door, Glass, and Wheel Protection

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**SENTRY 6001**
- Forced Entry Protection
- Door Protection
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- 5 Year Warranty

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  - Full Spectrum (32 Channel)
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**CAR AUDIO**
- **TARGA 1000**
  - $99
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- **SOUNDSTREAM T 301**
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OFF THE CUFF

By Lin Justice

If you could publish one book what would it be about?

Sandra Wu
Interior Designer//Rugs and Upholstery Salesman//Nursing Student

I would like to publish a book about the challenges of being a single mother. It would be a memoir that chronicles my life as a mother, wife, and student. I believe that my experiences and lessons learned can inspire and empower other women in similar situations.

Shawn Brown
School Counselor

I would like to publish a book about the importance of mental health awareness and the need for better resources and support for those struggling with mental health issues. I believe that by sharing my story and the stories of others, we can raise awareness and help reduce the stigma surrounding mental health.

Richard White
College Student

I would like to publish a book about the challenges of transitioning from high school to college. It would include advice on everything from managing time and maintaining a healthy lifestyle to navigating new social circles and making the most of college resources.

David Green
Retired Army Officer

I would like to publish a book about my experiences in the military and how they have shaped my life. It would include stories from my time serving in various conflict zones and the lessons I learned about leadership, resilience, and teamwork.

Frank Johnson
Retired Factory Worker

I would like to publish a book about the impact of globalization on American factory workers. It would include interviews with other factory workers and explore how changes in trade and outsourcing have affected the American workforce.

Tim Brown
Marine Biologist

I would like to publish a book about the importance of conservation and the need to protect our oceans and marine life. It would include scientific research and personal stories about the challenges of protecting our planet's delicate ecosystems.

Grace Sanchez
Nurse

I would like to publish a book about the experiences of nurses on the front lines of the COVID-19 pandemic. It would include first-person accounts of the challenges nurses faced in treating patients and the heroism of those who continued to work despite the risks.

Paula Martinez
Teacher

I would like to publish a book about the impact of the pandemic on education and the resilience of teachers and students. It would include stories of innovation in teaching and the importance of community support during challenging times.

Evelyn Valentine
Retired Teacher

I would like to publish a book about the importance of teaching and the impact that educators have on the lives of their students. It would include personal stories and advice for new teachers on how to make a positive difference in the lives of their students.

Charlie Smith
Video Game Developer

I would like to publish a book about the history of video games and the impact they have had on popular culture. It would include interviews with game developers and exploration of the evolution of gaming technology and design.

Quincy Michael
Artist

I would like to publish a book about the business of art and the challenges that artists face in making a living. It would include guidance on marketing, networking, and finding a supportive community for artists.
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